

On the Green

Week 29



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Class Timetable

4 Class Plans
Playing Golf Course Progression Levels

Session: 60mins
Group Size: 1:6

Mastering the focus: Swing
Element: Irons

Learning the game focus: Orientation
myJunior Challenge: Iron Challenge

Time	Focus	Suggested Theme Content	Games / Drills / Resources
10 Mins	Introduction & Warm Up Game	<ul style="list-style-type: none"> Outline the lesson objectives to the group Introduce the warmup game to the group Introduce FMS and Physical Literacy focus Split into teams & demonstrate warm up game Play the warmup game 	<ul style="list-style-type: none"> Relay Race
5 Mins	Learning the Game Focus	<ul style="list-style-type: none"> Introduce the components of the Golf Bag Introduce the Iron & components of the club 	
35 Mins	Mastering the Game Focus	<ul style="list-style-type: none"> Outline the safety instructions & class layout Introduce games, tasks & challenges Deliver one to one & group coaching on the Mastering the Game learning outcomes Children can attempt the Iron Challenge Children rotate around the stations 	Coming Soon
10 Mins	myJunior Track & Reward	<ul style="list-style-type: none"> Recap Mastering the Game and Learning the Game Focus from the session to check for understanding Distribute Learning the Game Resource if appropriate Children can complete myProgress Wheel and add stickers where appropriate Add any lesson notes to the child's myProgress section Award the Achiever Reward to a student in front of the parents and the group Award any Pins & Hats 	<ul style="list-style-type: none"> The Iron Challenge Tug of War Stepping Stones

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Class Timetable - Week 29

Session Length:
60mins

Group Size:
1:8

Mastering the Game Focus:
On the Green:
Short Putts

Whole Child Focus
Cognitive:
Respect

Learning the Game Focus:
Rules and Etiquette:
Who plays first

Time	Focus	Suggested Theme Content	Games / Drills / Resource
10 Mins	Introduction and Warm Up Game	<ul style="list-style-type: none"> Outline the lesson objectives to the group Introduce the warmup game to the group Introduce FMS and Physical Literacy focus Split into teams and demonstrate the warm up game Play the warm up game in groups, pairs or individually 	<ul style="list-style-type: none"> Relay Race
5 Mins	Learning the Game Focus	<ul style="list-style-type: none"> Introduce to the group the Learning the Game focus of the class 	<ul style="list-style-type: none"> Who plays first
5 Mins	Whole Child Focus	<ul style="list-style-type: none"> Introduce to the group the Whole Child focus of the class 	<ul style="list-style-type: none"> Respect
35 Mins	Mastering the Game Focus	<ul style="list-style-type: none"> Outline the safety instructions and class layout Introduce games and challenge Deliver one to one and group coaching on the Mastering the Game learning outcomes Children can attempt the Challenge in pairs Children rotate around the stations Opportunity for free practice 	<ul style="list-style-type: none"> American Pool Round the Clock Spiral Cat and Mouse
5 Mins	myAcademy Folder Track and Reward	<ul style="list-style-type: none"> Recap Mastering the Game and Learning the Game Focus from the session to check for understanding Children can complete myProgress Wheel and add stickers where appropriate to the myAcademy folder Present the Achiever Award to a student in front of the parents and the group 	<ul style="list-style-type: none"> myAcademy Folders

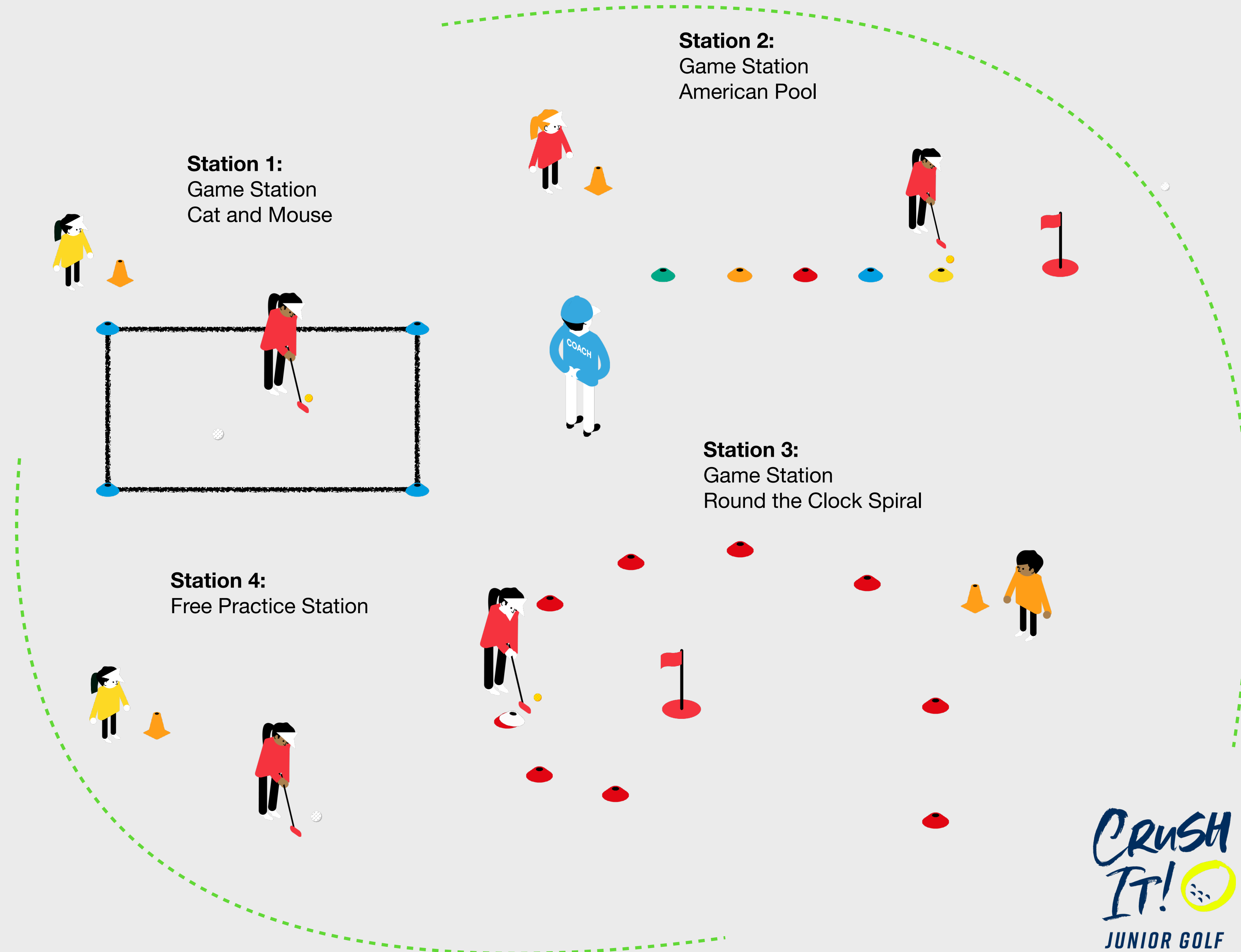
Layout and Setup



Class Layout and Setup

The graphic opposite provides an example image of how we suggest you layout your class so that the learning outcomes and activities can be delivered in a safe, fun and engaging manner. We suggest running the class as follows:

- Stations 1, 2 and 3 are **Game Stations**. At these stations the children play in pairs or play the games independently with occasional supervision from the coach
- Station 4 is the **Free Practice Station**. It is at this station the child can develop their fundamentals under guidance from the coach, away from any form of game or competitive play. You may decide the lay out a technical drill if appropriate for the child
- Children should play in pairs, with stations 1 and 2 being a pair, another pair at station 3 and the last pair at station 4
- Children should rotate around the stations, with each pair spending approximately **8 minutes** to spend at each station. Each child should get an opportunity at each station during the class
- Safety is your top priority when running your class, please remember to;
 - Add your orange safety cones behind each station to identify to the juniors where they are required to stand when not hitting from the hitting station
 - Dividers should be used to identify the hitting stations
 - Baskets should be placed to the side of the golfers and behind the hitting area
 - Juniors should never go in front of the hitting stations to collect a golf ball or golf club
 - Juniors should always exit the hitting stations from the rear by crossing the orange safety cones



Physical Literacy Warm Up Game



Relay Race



How to Play

- Split the children into even groups, ideally two groups of 3
- Number the children players 1 – 3
- Child number 1 starts with their hand on the starting cone
- On go, the child races to the end cone and runs around the cone, coming back and tagging the next player
- The team that wins is the one who gets all players home first

Progression Ideas

- Add extra goes for each child
- Decrease or increase the distance between the markers
- Play the game with a focus on developing FMS skills such as crawling, side steps, skipping, jumping or backwards running

Equipment Needed

Orange Safety Cones

SAFETY

Cones to mark out the start and end of the race

Fundamental Movement Skills (FMS)



During your Warm Up Game, explore a range of Fundamental Movement Skills (FMS). The children should be encouraged to experiment and develop these movements and you can tailor the difficulty of the specific movement to each child or warm up game.



Kick

Explore this skill using both feet, different parts of the foot and kicking in the air and on the ground



Throw

Explore this skill using both arms, underarm and overarm throws as well as at a range of heights



Skip

Explore this skill using a rope and in dynamic motion at a range of speeds



Run

Explore this skill at a range of speeds, and going backwards



Hop

Explore this skill by alternating legs on the spot and in dynamic motion



Side-step

Explore this skill by alternating sides, touching heels and crossing legs



Dodge

Explore this skill by getting the child to dodge static and dynamic obstacles at a range of heights



Jump

Explore this skill by exploring the movement in multiple directions



Stand on one leg

Explore this skill by exploring balancing on both legs



Crawl

Explore this skill by exploring using different segments of the body

The Whole Child



Cognitive Respect

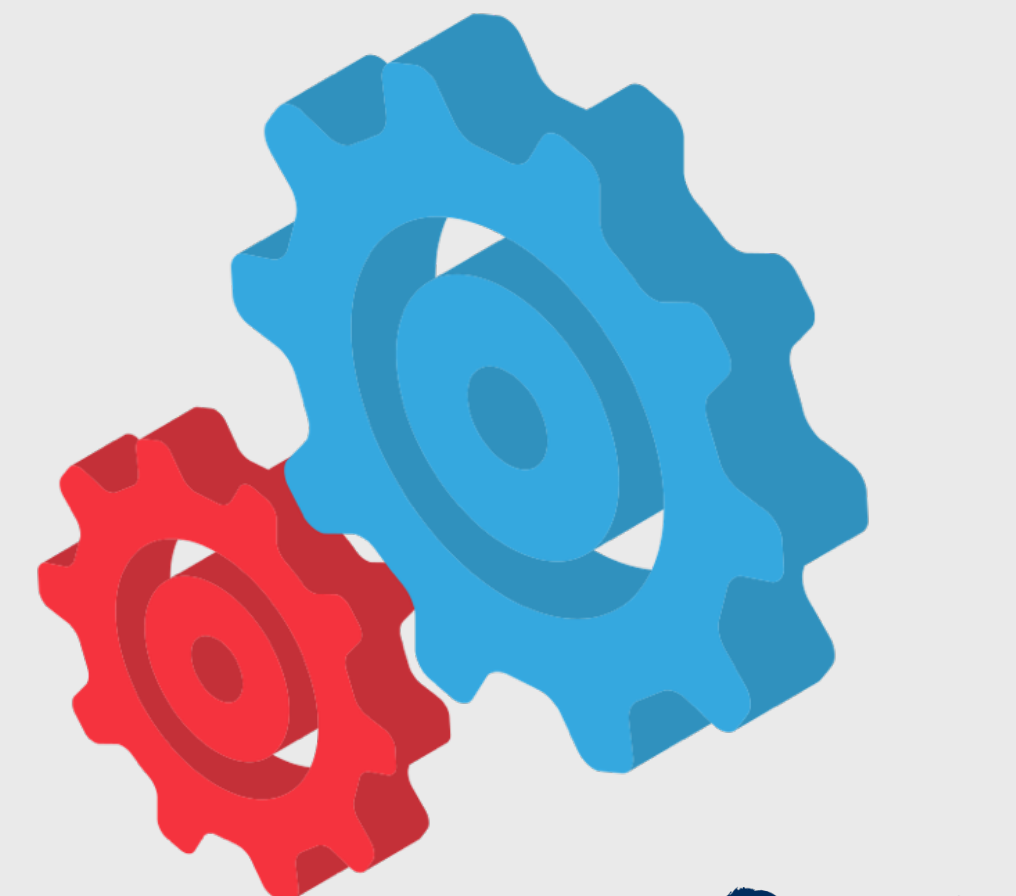
The Whole Child theme this week is to respect the rules of the game and the people who play it.

Carry this theme into the class by explaining how it is important to show respect no matter what the outcome of the games and challenges. Demonstrate how respect is shown in putting by not walking on opponents lines as well as, keeping distant and quiet when on the green.

It should be highlighted that the Achiever Award is presented to the child that demonstrates respect.

Taking the time to highlight this to the parents and children at the end of the lesson will reinforce the characteristics that embody the Crush It program.

An Achievement Sticker can be added to the myAcademy Folder if applicable to your program.



**CRUSH
IT!**
JUNIOR GOLF



Reinforcing positive behaviours

There are lots of ways to reinforce the positive behaviours we want to see in your junior golfers.

Non-verbal reinforcement:

- Thumbs up
- Nod of your head
- A smile

Personal verbal reinforcement:

- “Love that attitude”
- “That’s the attitude we’re looking for”
- “Great effort, keep it up”

Group reinforcement:

- Stop the class, get everyone together, and highlight the behaviour you observed, and why you liked it
- Awarding the Achiever reward at the end of the lesson is a great opportunity to reinforce positive behaviours
- Be sure to pinpoint two or three moments in the lesson that stood out to you and praise the children involved

Learning the Game Focus



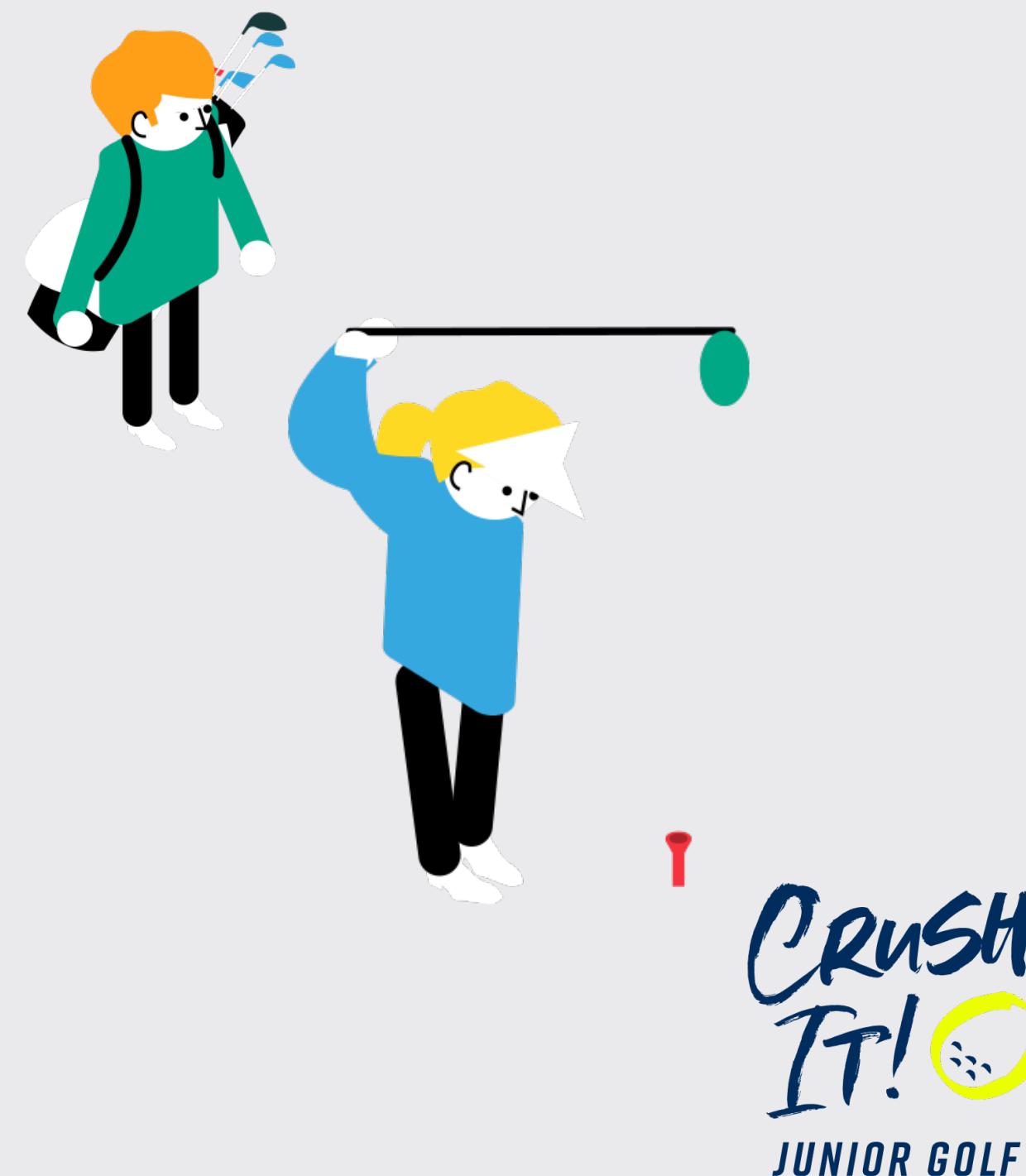
Rules and Etiquette

Who plays first?

The Learning the Game focus this week is to learn who plays first when on the course, and that the children should be ready to play when it is their turn.

You should highlight how important it is to know whose turn it is to play, and what you can do to make sure you are ready. For example, choosing your club and taking practice swings whilst others are playing their shots.

Carry this theme throughout the class and reward any behaviours with an achievement sticker.



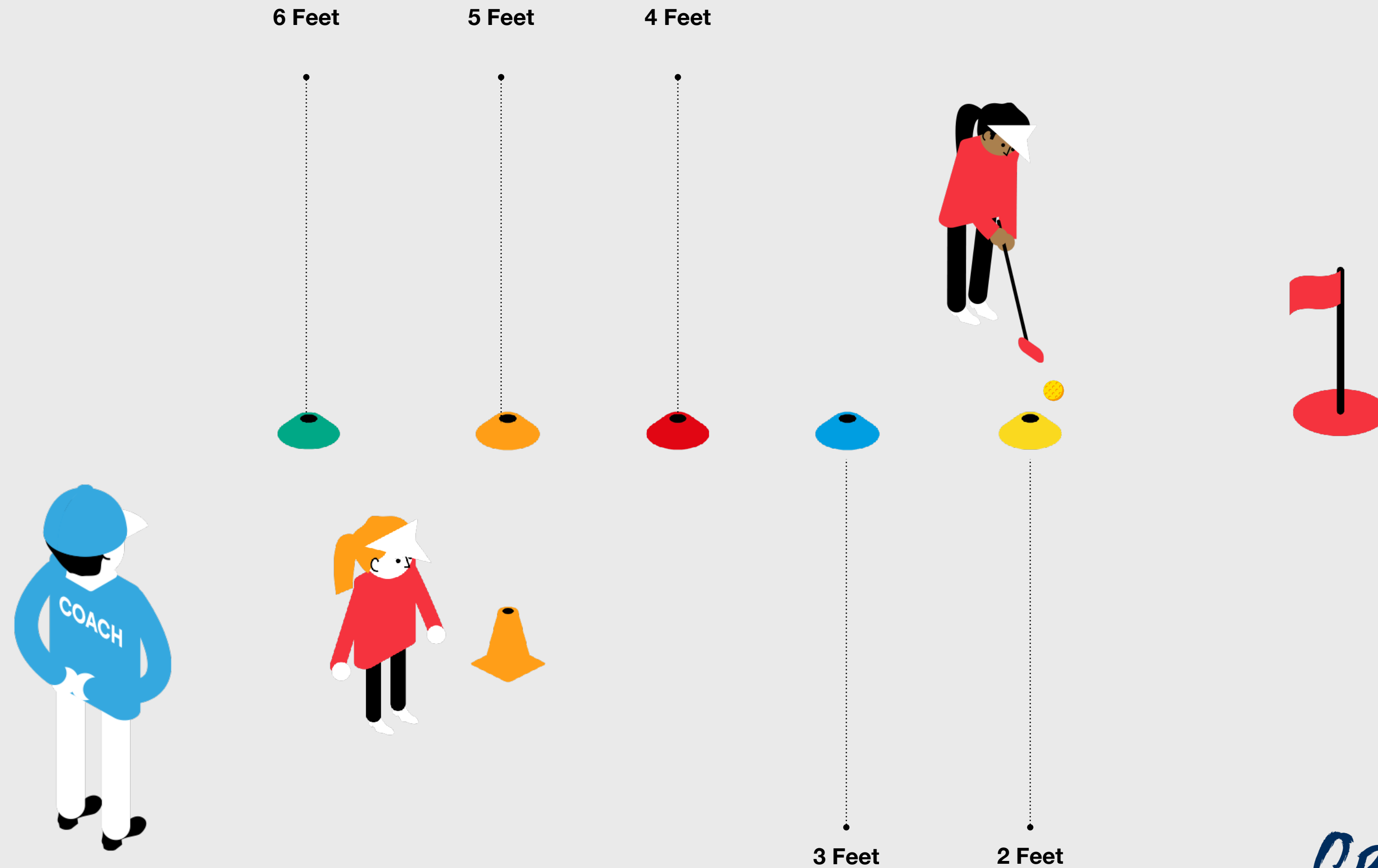
Questions to Ask

- Who plays first when you are playing a hole?
- Where should you stand when someone else is playing their shot?
- What can you do to be prepared for when it is your turn to play?

Mastering the Game Cards



American Pool



How to Play

- Children take it in turns to putt from the first cone
- If successful, they can move back to the next cone, and continue until they miss a putt
- The challenge is to hole a putt from each of the different colored cones before your playing partner does
- Each time the children have to start again from the first cone

Progression Ideas

- Change the distances the cones are set at depending on the ability level of the children in the group
- Add in more cones to make the challenge more difficult

Learning Outcomes

- A brilliant game to work on controlling distance on short putts
- Coping with increased pressure as the child progresses down the line of cones
- Perseverance is required as this game can become quite frustrating

Equipment needed

Orange safety cone

SAFETY

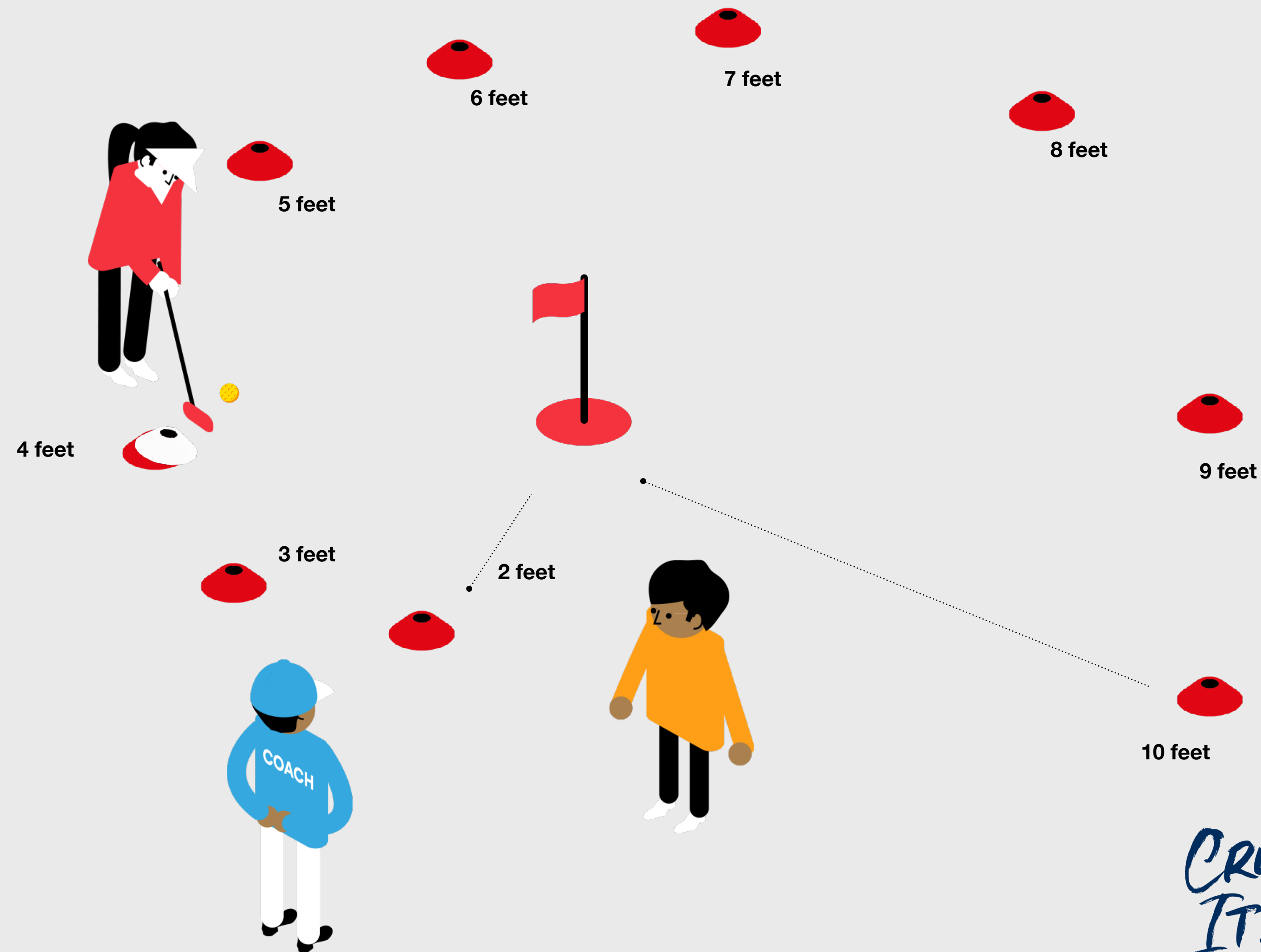
5 x different colored cones to represent the different color balls in American Pool

1 x Golf ball per player

Spare equipment that may be required for the group attendees.

CRUSH
IT!
JUNIOR GOLF

Round the Clock Spiral



**CRUSH
IT!**
JUNIOR GOLF



How to Play

- Nominate one of the children to play first and nominate a colored cone for the team. This cone is to track their progress around the spiral
- The player attempts to hole their putt from the 1st cone nearest to the hole
- If the player misses, the team stays where they are and their partner has a turn. If they successfully hole the putt, they move to the next cone
- The next player then goes and the game continues until the team completes the spiral

Progression Ideas

- Change the distance between the cones and the hole
- Add a sloped surface to the game
- Introduce a rule that after a certain number of attempts the players must move back a step or go back to the start

Learning Outcomes

- Perseverance is needed to complete the challenge
- Direction, distance control, and ability to read greens are all being tested in this game
- Improves the player's ability to adapt from one direction of putt to another

Equipment needed

Orange Safety Cones



9 x Colored Cones to mark distance from 2-10 feet



Spare equipment that may be required for the group attendees.



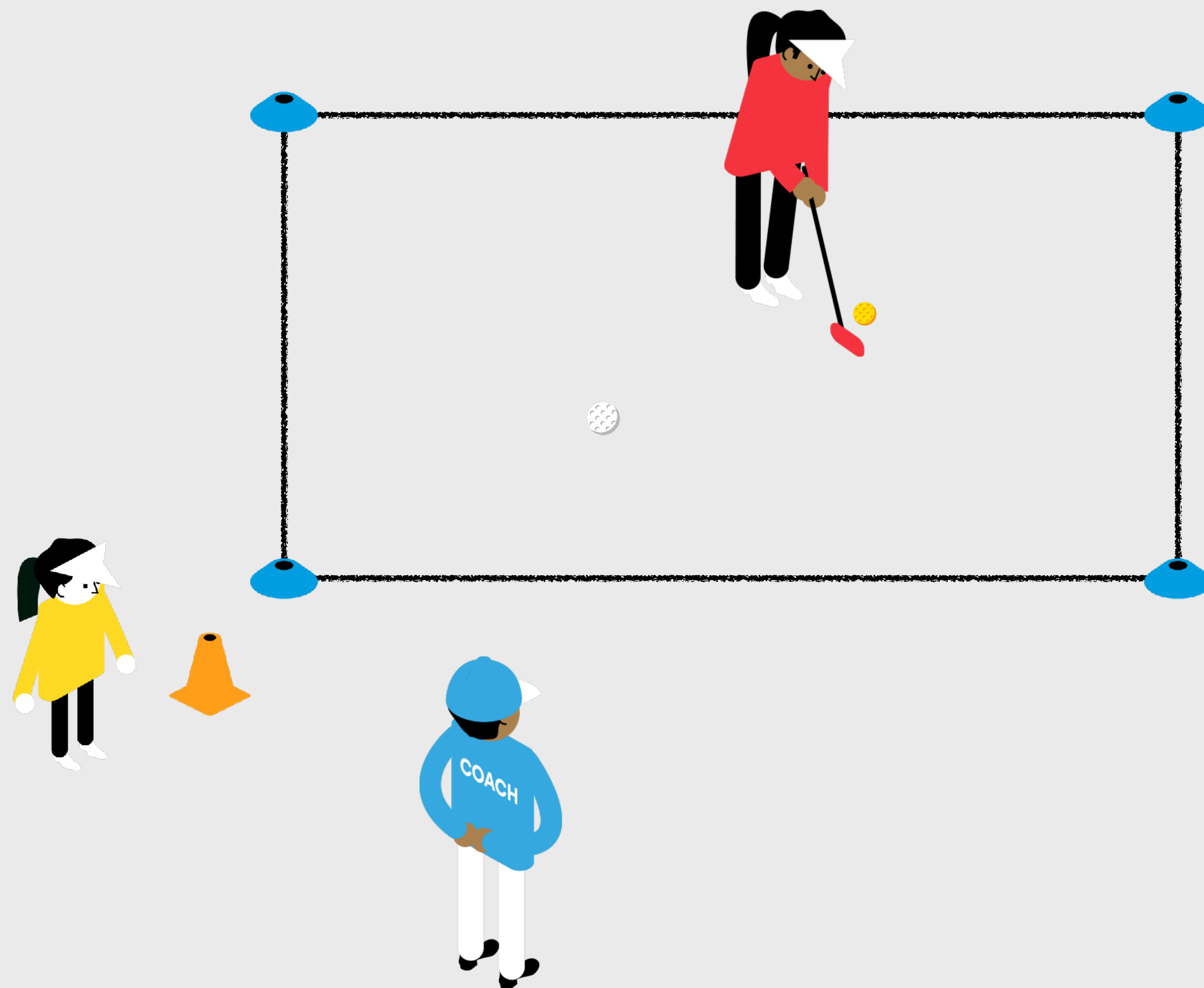
2 x different Colored Cones



Golf Ball



Cat and Mouse



How to Play

- Nominate one player as the cat and one player as the mouse. The mouse plays first and attempts to putt their ball anywhere inside the box. The ball must remain in the box
- The cat plays next and attempts to putt their ball and hit the mouse
- If the cat misses, the mouse plays next and putts their ball to another place in the box
- The game continues until the cat catches the mouse by hitting the cat or the mouse escapes when the cat escapes the box
- The players take it in turns to be the cat

Progression Ideas

- Play as a matchplay game
- Change the size of the box
- Introduce a sloped surface when playing the game
- Add in obstacles, other cones that the players need to putt around
- Play the game in teams with multiple cats and mice

Learning Outcomes

- A brilliant game to work on controlling distance on short putts
- Improves accuracy as the ball is a smaller target
- Develops strategic thinking, planning ahead for the next shot

Equipment needed

Orange Safety Cones

SAFETY



String and 4 x Tees to create the playing area



Cones to mark the corners or to add in as obstacles



2 x Golf Balls of different colours



Spare equipment that may be required for the group attendees.

